
BE BEAUTIFUL IN GLASSES



By
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ILLUSTRATED



A Treatise on the Art of Utilizing Optical Illusions Produced by Spectacles
and Eyeglasses to Beautify the Face.

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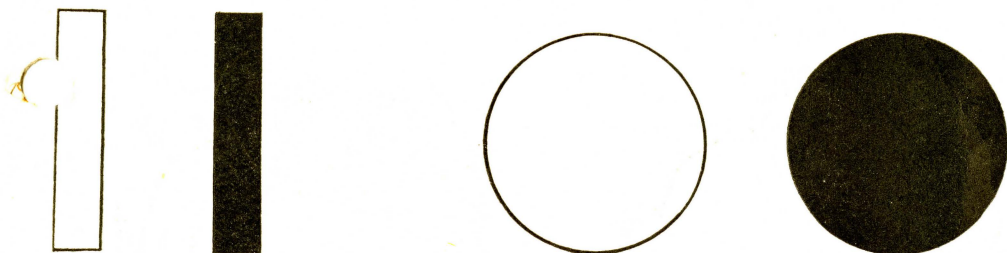
BY FRANK G. MURPHY, M. D.

Preface

MY experience of twenty-five years in active practice as an oculist has convinced me that there is a demand for an illustrated treatise on the art of selecting eyeglasses or spectacles that will add to the pleasing appearance of the face and not detract from it as glasses commonly do.

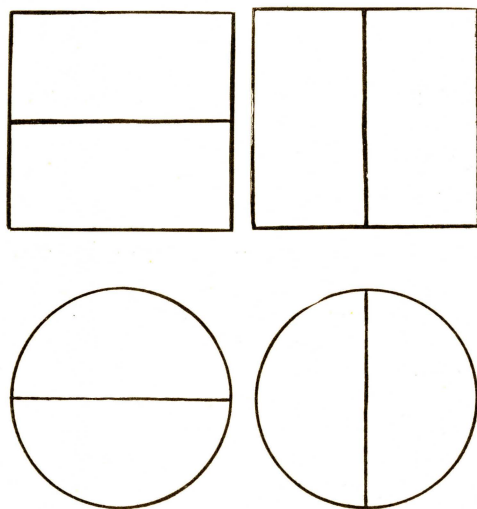
It is offered with the hope of adding more cheer to the world by improving the cheerful appearance of those who follow the artistic lines of selection herein described.

OPTICAL ILLUSIONS IN BLACK AND WHITE OBJECTS



When white and black objects are of equal size the white objects appear to be larger. The black column appears smaller than the white one though they are of the same dimensions. The white and black balls are the same in size, the white ball appearing to be the larger.

OPTICAL ILLUSIONS IN LINES



A line through an object appears to lengthen the object in the directions of the line and to make it seem narrower in the directions at right angles to the line.

The two above circles are of equal size though the first circle appears to be wider than the second one and the second circle seems to be higher than the first one.

Optical illusions produced by the color and lines of eyeglass and spectacle frames are as effective as they are in the above figures.

OPTICAL ILLUSIONS PRODUCED BY SPECTACLES



Whenever the face is made more beautiful by shortening the appearance of the nose the nose piece with low bridge should be worn as it makes the nose look shorter than it is.



The bridge of the commonly used spectacle shortens the appearance of the nose. If this kind of bridge produces too much of the Roman nose effect an eyeglass spectacle may be used.

Be Beautiful in Glasses

A treatise on the art of utilizing optical illusions produced by Spectacles and Eyeglasses to beautify the face.

Illustrated by the Author, FRANK G. MURPHY, M. D.

IT IS the optical illusions produced by color and lines that causes eyeglasses and spectacles to either add or detract from the appearance of the face, and as it is our duty to look as comely as possible, the question, what kind of glasses are best suited to the various shaped faces, noses and other features, becomes of general interest.

Glasses are primarily worn to obtain better vision or relief from eyestrain and usually little or no attention is paid to their cosmetic effect. To those with an eye for beauty in color and figure it is evident that the glasses worn by most people are not suitable for them. It frequently happens that neither the patient nor the refractionist is sufficiently familiar with the natural laws governing the effect of color and lines to determine the most suitable frames to be selected and some refractionists even consider it an intrusion on their dignity for the patient to suggest the kind of frame he should wear and are in the habit of prescribing a certain kind of frame for everyone regardless of the fact that by so doing many become almost caricatures of their former selves.

To those whose glasses become them there is a comfort which to some extent is shared by their friends and all who look upon them. The writer feels that a consideration of the subject of optical illusions produced by eyeglasses and spectacles is

AND EYEGLASSES—AND THE LONG NOSE



The bar spring lengthens the appearance of the nose and should not be worn by those who wish to shorten its appearance. The eye of the observer follows the nose to the bar regardless of its height.



The loop spring also lengthens the appearance of the nose that is already too long. The loop spring is not as high as the bar spring but is effective in materially lengthening the appearance of the nose.

timely, as no object in the world is more often looked upon, studied by the painter and sculptor and none more universally admired than the human face, yet no one has heretofore favored us with an illustrated contribution on the subject.

Most of us appreciate beauty even though we do not have a technical knowledge regarding the visual illusions produced by color and lines. Frames when once purchased practically become a part of the facial anatomy, thereby altering the personality, as they are usually worn for several years and sometimes to the end of life. They are not changed several times a year like shoes, hats and other wearing apparel, though these articles are usually selected with more care and with the idea of emphasizing normal lines and of minimizing physical imperfections.

An incorrectly prescribed glass is not seen by the public and may not be realized by its owner, but an ill chosen frame that detracts from the pleasing appearance of the face is worn with reluctance and the taste of the refractionist who prescribed it is open to criticism. We seek the knowledge of artists to beautify our gardens, houses and barns, but do not take so much interest in contributing to the pleasure of our friends and all who see us by seeking expert advice on the ornamentation of our own physiognomies, but a comely face surely contributes to the happiness of a community quite as much as does a mansion with all its architectural beauty. We cannot all be "blessed with each grace of nature and of art" but we may take advantage of the optical illusions produced by color and lines to improve our facial appearance and not permit them to operate to our disadvantage by ill chosen frames.

The appearance of objects, as affected by color and lines which are governed by physical laws that are ever in effect is illustrated to some extent by the above cir-

OPTICAL ILLUSIONS PRODUCED BY SPECTACLE AND



The short nose looks shorter than it really is when the low bridge nosepiece is worn.



The commonly used spectacle bridge makes a short nose look shorter. An eyeglass spectacle with loop spring should be worn.

cles and squares. Black and white are not regarded as colors but for convenience will be referred to as such.

Large people wear black as that color makes them look smaller and because of this optical illusion small people more frequently dress in light colored clothing. The large individual in light colored clothing appears larger than he is and if, at the same time, a black belt is worn he appears still larger in the girth. A distinct line drawn through an object always makes that object appear longer and larger in the direction of the line through it than it actually is. This is why spectacles with temples over the ears and low nosepieces makes a face look broader. Light rimmed or rimless glasses make the face look wider and those with dark rims make it appear narrower than it is. A little attention given to the effect of lines and of optical illusions produced by black and white objects should enable anyone to select glasses that increases the harmony in the lines of his or her face. There is no face so nearly perfect that its weakest lines cannot be emphasized by the caricaturist and but few are so handsome that artistically selected glasses will not improve their appearance. The facial features that concern most people are their round or narrow faces and the length and size of their noses. And it is these features of the face that are most modified for the better by frames when a proper selection is made. Even the shadow of frames has more effect on the face than one at first thought might suppose and this is one objection to the very large shell frames.

Most gray haired people are better looking than they were when their hair was of a darker color, because the hair when grey, being more nearly the color of the skin, the outline of the face is softened, is more obscure and then we imagine the thin face to be more round than it really is and the full face to be not nearly so round. This occasionally enables some grey haired people to ignore the broadening and narrowing effect of frames. If the skin is white and quite devoid of color it may

EYEGLASS FRAMES—AND THE SHORT NOSE



The bar spring lengthens the appearance of the short nose as is evident from the above figure.



The loop spring makes the short nose look longer than it really is. An eyeglass spectacle with loop spring may be worn.

be remembered that a very light colored frame adds whiteness to the face and also that dark frames emphasize whiteness by contrast. Gold or light wine colored frames are more appropriate as they reflect color and the appearance of youth.

An interesting feature in the work of the refractionist is the thoughts expressed by patients about their imagined facial defects. It is the writer's opinion that most people are better looking than they think they are for many feel humiliated at the fancied ugly feature or features they possess and envy the appearance of others whom in reality are not nearly so good looking. Commendable efforts to improve the facial appearance are frequently made and, in the attempt, glasses are often secured that defeats the object in view or if the face is large, cosmetics may be used to whiten it which makes it appear larger than before or if the face is short and too round the brows and eyelashes may be darkened which makes the face appear shorter and wider.

It is not always lack of information or bad taste that causes some to select conspicuous shoes for ill shaped feet, purchase hats and clothing that do not become them, paint their faces unseemly and select glasses that emphasize their defective features, for often it is defective sight that limits their faculty for discerning beauty. It is not possible to be hard of hearing and not know it, but many have defective vision and are unconscious of their visual imperfections. Most people are more concerned about their noses than they are about their other features. They are too large or too small, too short or too long, and yet these seldom are the qualities that determine the beauty of the nose. Whether its lines are in harmony with other lines of the head, the place and manner in which the lip leaves the nose and the curve of the nostrils are the lines that determine the beauty of most noses, and yet it is not at all from these qualities that judgment is commonly passed

OPTICAL ILLUSIONS PRODUCED BY SPECTACLE AND



The round face should avoid wearing eyeglasses and spectacles that possess marked horizontal lines. The nose piece and chain drawn back makes the above face look more round than it is.



The spectacle with the bridge nearly straight across the nose together with the spectacle rims makes the face look much wider than it is.

upon them. If folk could place upon their faces the kind of noses they imagine they would like to possess we would be a sorry looking people.

As the head develops from its embryonic state the features evolve and place themselves in about the position in which the outline of each feature will best harmonize with the other lines of the head and face. Nature is much more kind to us than we give her credit for being. She knew what she was about when she made the typical negro black and gave him a small nose to harmonize with his receding forehead and protruding lips. His black skin makes his face look smaller and emphasizes his eyes and teeth. He would not be better looking if he had a large nose or was white.

It is not a difficult matter for the refractionist to correct the cosmetic errors he has made with the frames prescribed but the surgeon who operates to correct real or imaginary nasal imperfections cannot so easily correct his mistakes. We see before and after pictures of external nose operations exhibited by surgeons in which the lines of the upper lip and nostril as well as the whole face and head were changed for the worse and where both the surgeon and the patient seemed to look upon the nose as a thing apart, instead of considering the whole head as a work of art and the nose especially designed to serve as one of the details of a harmonious whole. Very little change in the lines of the face makes a marked difference in its appearance. The surgeon who attacks the nose to improve its appearance should, to be successful, possess the eye of the sculptor for he must clearly see the effect of the operated nose in its relation to the rest of the face and head before he operates.

The above illustrations are purposely overdrawn to more clearly show the effect of the differently constructed frames. Spectacles always make the wearer look

EYEGLASS FRAMES—AND THE ROUND FACE



The above is the ideal style of frame and ribbon that should be worn by the round face.



If spectacles must be worn the loop nosepiece should be selected with inconspicuous temples attached.

older than eye glasses do, and it is the spectacle temples or side pieces that hook over the ears that are responsible for the increased age effect. One of the indications of age that gradually creeps upon us during middle life is the small creases in the skin (crowfoots) that start just below the outer corners of the eyes and find their way toward the temples. The side pieces of spectacles parallel these same lines and are as effective in producing the appearance of age as though they were genuine crowfoots. There are other effects produced by frames that are not brought out by the accompanying illustrations. Oval frames are beautiful in outline, though when it is desirable to narrow the appearance of the face, their perpendicular lines being not so great as in the round frames, they are not as effective. The oval frames may be used with more effect if it is desirable to widen the appearance of the face.

The drop-eye or leaf shaped lens possesses no qualities that commend it from a cosmetic standpoint, as its outline is not beautiful and is at variance with the other lines of the face. It may sometimes be advisable to use it when the eyebrows are heavy and the eye sets deep in the socket, that the glass may be sufficiently close to the eye. A skillful operator usually has no difficulty in placing the oval or round lens low enough for desk work.

Glasses, for their cosmetic effect, as well as for the comfort of the wearer, should be set high or low according to the height of the wearer. They who are tall should wear their glasses low as they look up less and down more than other people do and children should wear their glasses high for they are constantly looking up at people and objects about them.

Dark rimmed glasses always make a face look smaller than it really is and light colored rims larger. This effect is not because black objects look smaller

OPTICAL ILLUSIONS PRODUCED BY SPECTACLE AND



The narrow face should avoid conspicuous perpendicular lines in the selection of frames and in the arrangement of the ribbon or chain.



When dark rims are worn the perpendicular sections of the frames narrows the face though the horizontal sections do not shorten the face to the same extent as they parallel the eyebrows and rows of lashes that have already affected an apparent shortening.

and white ones larger than they are, but because of the perpendicular and longitudinal lines that are added or made less pronounced. If the eyebrows and eyelashes on any face were entirely removed that face would look much longer than it previously did. The brows and eyelashes are horizontal lines that shorten and broaden the face. Of two faces, a brunette and a blond of equal dimensions, the face of the brunette will appear to be the shortest and widest unless the blonde has dark brows and eyelashes. In general, the lighter the hair the less attention need be paid to the widening effect of frames as the outline of the face becomes less definitely defined. When light rimmed glasses are worn, the brows, lines above the eyeballs and the lashes are less in evidence and consequently the face appears larger in every direction but increased more in length than in width which effect is in proportion to the elimination of the dark lines. One who has a long thin face with the eyebrows and eyelashes light in color, might wear light rimmed glasses with a conspicuous horizontal nosepiece and also darken the brows and possibly the eyelashes, all of which will tend to shorten and broaden the face.

Usually the large face should wear dark rimmed glasses and the small face light ones. The brunette with a short, round face in which it is desirable to enlarge the face as much as possible, might wear the light rimmed eyeglasses with loop spring and, in addition, trim the dark eyebrows so that the face will be lengthened by less conspicuous horizontal lines of the brows. The perpendicular sections of the dark rims narrow the appearance of the face though the horizontal sections of the rims around the glasses do not shorten the face to the same extent as they parallel the other horizontal lines of the face, namely the eyebrows and rows of lashes which already have affected an apparent shortening of the face.

The very large dark shell frames have been popular with some people in spite of the fact that they are conspicuous. However, they are fairly comfortable and

EYEGLASS FRAMES—AND THE NARROW FACE



The above face appears much wider than it is because of the conspicuous low nose piece and chain drawn back.



The narrow face should wear light colored frames with as conspicuous horizontal lines as possible as is shown in the above nose bridge and spectacle temples.

look best on large faces. Those with short noses do not look well in them and those who wish to shorten the appearance of their noses could do so as effectively with the low, dark nose piece and lighter and less conspicuous rims; the extremely large rims distract the attention from the other features of the face and in this respect they are a boon to those who have been "cheated of feature by dissembling nature" or think they have. They are comfortable for office and library use and because of the large frame they are not easily broken.

Whatever size of glasses that are selected or style of frame that may be in use, their cosmetic effect will ever depend upon the accuracy with which the natural laws governing visual illusion produced by color and lines, have been regarded.



OPTICAL ILLUSIONS PRODUCED BY SPECTACLE AND EYEGLASS FRAMES— AND THE ROMAN NOSE



The Roman nose appears larger when there is a marked depression in its upper portion as indicated by the arrow above shown.



The Roman nose looks best when the low bridge eyeglass is worn when the skin is brought forward and upward by the side pressure of the guards.



The spectacle as above shown should not be worn, as the Roman effect is made more pronounced. An eyeglass spectacle or eyeglasses should be worn.

OPTICAL ILLUSIONS PRODUCED BY SPECTACLE AND EYEGLASS FRAMES— AND THE APPARENT SHORT NOSE



The slight defect in the above nose is improved by the commonly worn spectacle or the loop spring eyeglass frames.



The above eyeglass corrects the nose defect without disturbing the lines around the lower end of the nose that is slightly noticeable in the following figure.



The commonly worn spectacle usually improves the appearance of this kind of nose though it must be remembered that it may produce an upward tilt to the end of the nose.

OPTICAL ILLUSIONS PRODUCED BY SPECTACLE AND EYEGLASS FRAMES— AND THE WIDE TEMPLE AND NARROW CHEEKS



When the upper part of the face is wider in proportion than the lower part the same kind of frames should be worn as best fits the round face.



The loop spring, dark rims and conspicuous ribbon increases the harmony in lines of the face.



The horizontal lines shown in the above figure increases the defect by making the face wider between the temples than it really is.

OPTICAL ILLUSIONS PRODUCED BY SPECTACLE AND EYEGLASS FRAMES— AND THE NARROW TEMPLES—AND PLUMP CHEEKS



The conspicuous low bridge and heavy appearing temples widens the appearance of the upper part of the face. Light rims or rimless glasses with the above combination is most effective.

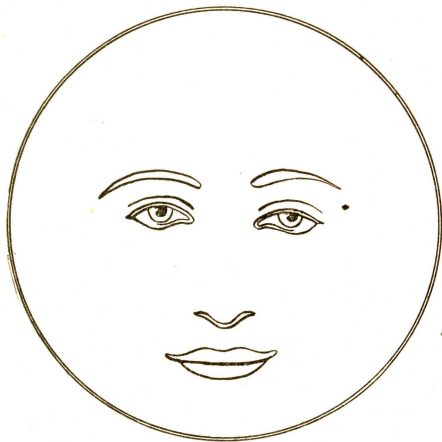


When the cheeks are wider in proportion than the upper part of the face, the appearance of the upper part of the face should be made to look wider as it is impossible to narrow the appearance of the cheeks in any other way.

The absence of horizontal lines in the above figure with the marked perpendicular lines causes the plump appearance of the cheeks to be accentuated.

OPTICAL ILLUSIONS PRODUCED BY SPECTACLES—AND AGE

Boy



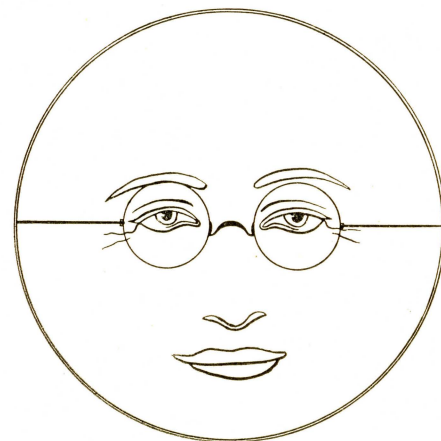
The crowfoots extending out from the corners of the eyes as seen in the middle aged and old people are absent in the face of a child.

Father



The crowfoots extending out from the corners of the eyes become more marked and numerous with increased age.

Grandfather



The spectacle rims parallel the crowfoot lines and are as effective in producing the appearance of age as though they were genuine crowfoots.



**“A Thing of Beauty is a
Joy Forever, and its
Loveliness Increases.”**



